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8. Keep kitchen and table dishes thoroughly clean and scald them before using.

9. Keep the place in which you live, the ground under the house, and everything pertaining to it clean.

10. Outhouses, closets, and vaults can be made safe by putting in lime or carbolic acid. When this can not be done dejecta must be buried or thoroughly covered with earth.

11. Isolate all the sick. It is recommended that a house in each barrio be set aside for this purpose.

12. All the dead should be embedded in lime and buried 3 feet under the surface.

13. Filth or vomit and the dejecta of the sick should be promptly cleaned up with boiling water and buried.

14. Clothes and bedding used by sick persons must either be burned or boiled. Do not wash any clothes near wells or springs nor permit surface water to run into any well or spring.

15. Municipal presidents and municipal councilors should enact these rules as ordinances and see that they are enforced.

16. All school children are requested to inform their parents of these rules, which, if observed, will prevent great loss of life.

Cholera and plague at Manila—History of outbreak—Infection probably introduced by way of the Pasig River—Inspection of vessels—Quarantine circulars.

AUGUST 31, 1905.

During the week ended August 26, 1905, the following quarantinable diseases were reported for the city of Manila: Cholera, 15 cases, 12 deaths (23d to 26th); plague, 2 cases, 2 deaths.

Cholera.—Cholera has again made its appearance in Manila. The first case that was definitely recognized occurred in Bilibid Prison. Assistant Surgeon Long was performing some autopsies at that institution on August 23, 1905, and found 1 body that presented the pathological conditions usually found in persons who have died of cholera. He immediately took some specimens to the Government laboratory for bacteriological examination, and the director, Dr. R. P. Strong, announced officially on August 25, 1905, that the spirilli of Koch had been found. On August 24, 1905, suspicious cases were reported from Fort William McKinley, as having occurred among the troops stationed at that place. Major Wales, the medical officer in charge, invited Doctor Strong and myself to examine the cases and assist him in arriving at a diagnosis. Two soldiers had already died, but the deaths were attributed to vino poisoning, and, in consequence, the bodies were buried without any special examination being made for cholera. Four cases were seen in the hospital. Two of these were convalescent; in the remaining 2, the clinical symptoms of cholera were not well marked and no stool could be obtained for examination, hence no positive diagnosis could be made. Just as we were about to leave the hospital a Filipino laborer was brought in who had all the clinical evidences of the disease. After consultation as to preventive measures, it was recommended that the entire fort be placed in strict quarantine, which was done.

On August 25, 1905, 2 Americans, residents of Manila, died with all the symptoms of the disease, and the diagnosis was also later bacteriologically confirmed. Upon the receipt of this positive information that cholera was present in Manila, outside of Bilibid Prison, an outgoing quarantine was placed upon all vessels, in accordance with the provisions contained in the circular letter, a copy of which is inclosed.

The number of cases in Manila, including those at Bilibid Prison, for the week covered by this report, amounted to a total of 15 cases, with 12 deaths.

The means by which the infection gained entrance to Manila is not yet positively known, but all the evidence so far indicates that the disease entered from the interior of Luzon, and probably with the traffic that comes down the Pasig River.

During the week the following vessels cleared for ports in the United States:

On August 24, 1905, the British steamship *Yeddo*, with 49 crew, en route from Shanghai to New York, was granted a supplemental bill of health. Crew bathed and effects disinfected. All inspected at hour of sailing. Ten thousand and six pieces of miscellaneous cargo certified.

On August 24, 1905, the British steamship *Sungkiang*, with 64 crew and 1 passenger, en route from Hongkong to Iloilo, was granted a supplemental bill of health.

On August 24, 1905, the U. S. army transport *Dix* was granted a bill of health for Seattle. Crew 148 and passengers 2 were inspected at hour of sailing. Cargo certified.

Quarantine circulars.

Manila, P. I., August 26, 1905.

To the owners and agents of vessels, Manila, P. I.

SIR: Hereafter all vessels leaving Manila for other ports in the Philippine Islands will be required to obtain a bill of health at this office.

Owing to the presence of cholera in Manila, vessels leaving Manila for other ports in the Philippines will be subject to the following regulations before being allowed to sail:

All vessels after loading cargo and with all crew and all passengers on board must proceed to the Mariveles Quarantine Station and report to the medical officer in charge.

Vessels whose first port is either Iloilo or Cebu will be held at Mariveles a sufficient time so that they may arrive at Iloilo or Cebu five days from the hour of departure from Manila, provided no sickness has appeared on board.

Vessels bound for other ports in the Philippines will be held five full days at Mariveles before being allowed to sail.

No fresh vegetables or fruits shall be taken as cargo.

All vessels should have at least two week's supply of food on board before leaving Manila.

The above goes into effect immediately.

Respectfully,

VICTOR G. HEISER,
*Passed Assistant Surgeon,
 Chief Quarantine Officer for the Philippine Islands.*